

What is claimed is:

1. A soft gelatin capsule comprising:

Vitamin E as d- α -tocopherol;

Vitamin E as dl- α -tocopheryl;

Vitamin E mixed tocopherols; and

tocotrienols in the forms comprising inseparable tocopherols.

2. The soft gelatin capsule of claim 1 wherein said tocotrienols are in the forms α , γ ,

β , and δ , and said inseparable tocopherols are in the forms of α , γ , β , and δ , said tocotrienols and said tocopherols being from rice, whereby said formulation is beneficial for antioxidant protection of cells in the human body containing a lipid layer membrane.

3. The soft gelatin capsule of claim 1 wherein said tocotrienols are in the forms α , γ ,

β , and δ , and said inseparable tocopherols are in the forms of α , γ , β , and δ , said tocotrienols and said tocopherols being from palm, whereby said formulation is beneficial for antioxidant protection of cells in the human body containing a lipid layer membrane.

4. The soft gelatin capsule of claim 1 wherein said Vitamin E mixed tocopherols are

in the forms α , γ , β , and δ and are a blend of synthetic and natural sources of Vitamin E.

5. The soft gelatin capsule of claim 1 wherein said Vitamin E dl- α -tocopheryl is

present at about 90 weight % of said active ingredients.

6. The soft gelatin capsule of claim 1 wherein said Vitamin E mixed tocopherols are present at about 5 weight % of said active ingredients.

7. The soft gelatin capsule of claim 1 wherein said tocotrienols from natural sources are present at about 5 weight % of said active ingredients.

8. A soft gelatin capsule comprising a 400 IU once daily dose comprised of:

Vitamin E selected from at least one of the ester group consisting of:

dl- α-tocopheryl acetate; and

dl- α-tocopheryl succinate;

Vitamin E as d-α-tocopherol;

Vitamin E mixed tocopherols in the forms α, β, γ, and δ;

tocotrienols in the forms α, β, γ, and δ.

9. The soft gelatin capsule of claim 8 wherein said Vitamin E as dl-α-tocopheryl ester, said Vitamin E as d-α-tocopherol, and said Vitamin E mixed tocopherols in the forms α, β, γ, and δ is a blend of synthetic and natural sources of Vitamin E, and said tocotrienols are from a natural source.

10. The soft gelatin capsule of claim 8 wherein said Vitamin E as dl-α-tocopheryl ester is present at from 5 mg to 400 mg.

11. The soft gelatin capsule of claim 8 wherein said Vitamin E as d- α -tocopherol is present at from 5 mg to 400 mg.

12. The soft gelatin capsule of claim 8 wherein said Vitamin E as mixed tocopherols is present at from 5 mg to 200 mg.

13. The soft gelatin capsule of claim 8 wherein said Vitamin E as mixed tocotrienols in the forms α , β , γ , and δ is present at from 5 mg to 50 mg with variable composition of isomers:

α tocotrienol at 1 to 30%;

β tocotrienol at 0.1 to 30%;

γ tocotrienol at 1 to 30%; and

δ tocotrienol at 0.1 to 30%.

14. The soft gelatin capsule of claim 13 comprising: inseparable variable content of carotenoids comprising:

alpha carotene;

beta carotene;

gamma carotene;

lycopene; and

phytosterols and squalene.

15. The soft gelatin capsule of claim 8 comprising:
a marker selected from at least one of the group consisting of:
coenzyme Q10;
rosemary oil;
green tea;
 α lipoic acid;
lycopene;
grape seed extract;
pine bark extract;
vitamin C;
natural beta carotene;
synthetic beta carotene;
 γ -oryzanol;
selenium; and
lutein.

16. A soft gelatin capsule comprising:
Vitamin E selected from at least one of the ester group consisting of:
dl- α -tocopheryl acetate; and
dl- α -tocopheryl succinate;
Vitamin E as d- α -tocopherol;
Vitamin E mixed tocopherols in the forms α , β , γ , and δ ; and tocotrienols in the forms α , β , γ , and δ .

17. The soft gelatin capsule of claim 16 wherein said Vitamin E as dl- α -tocopheryl ester, said Vitamin E as d- α -tocopherol, and said Vitamin E mixed tocopherols in the forms α , β , γ , and δ is a blend of synthetic and natural sources of Vitamin E, and said tocotrienols are from a natural source.

18. The soft gelatin capsule of claim 16 wherein said Vitamin E as dl- α -tocopheryl ester is present at from 5 mg to 2000 mg.

19. The soft gelatin capsule of claim 16 wherein said Vitamin E as d- α -tocopherol is present at from 5 mg to 2000 mg.

20. The soft gelatin capsule of claim 16 wherein said Vitamin E as mixed tocopherols is present at from 5 mg to 2000 mg.

21. The soft gelatin capsule of claim 16 wherein said Vitamin E as mixed tocotrienols in the forms α , β , γ , and δ is present at from 5 mg to 500 mg with variable composition of isomers:

α tocotrienol at 1 to 30%;

β tocotrienol at 0.1 to 30%;

γ tocotrienol at 1 to 30%; and

δ tocotrienol at 0.1 to 30%.

22. The soft gelatin capsule of claim 16 wherein said Vitamin E as dl- α -tocopheryl ester, said Vitamin E as d- α -tocopherol, and said Vitamin E mixed tocopherols in the forms α , β , γ , and δ is a blend of synthetic and natural sources of Vitamin E, and said tocotrienols are from a natural source.

23. The soft gelatin capsule of claim 16 wherein said formulation is formed in a soft gel capsule further comprising :

gelatin;

glycerin; and

water for said soft gelatin formulation.

24. The soft gelatin capsule of claim 16 comprising: a marker selected from at least one of the group consisting of:

coenzyme Q10;

rosemary oil;

green tea;

α lipoic acid;

lycopene;

grape seed extract;

pine bark extract;

vitamin C;

natural beta carotene;

synthetic beta carotene;

γ -oryzanol;

selenium; and

lutein.

- 25 A formulation for Vitamin E doses with increased antioxidant capacity including:
Vitamin E as d- α -tocopherol;
Vitamin E as dl- α -tocopheryl;
Vitamin E mixed tocopherols; and
tocotrienols in the forms comprising inseparable tocopherols.